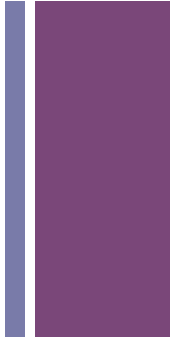


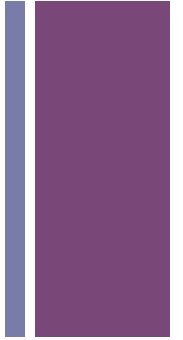
Mental Health

+ What is Mental Health?



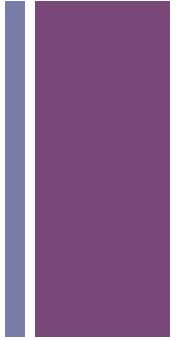
- Mental health is, “the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment”
- Mental health is not related to intelligence or expertise, it does suggest the capacity to use the abilities we have in ways that allow us to function in a state of mental and emotional well-being

+ What is Mental Health?



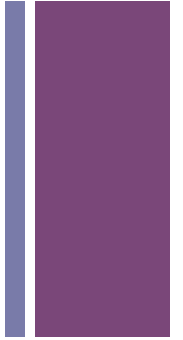
- Psychologists have suggested the following indicators of mental health:
 - Mentally healthy people generally observe and understand what is going on around them
 - They judge their own reactions and capabilities realistically

+ What is Mental Health?



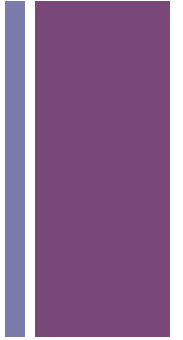
- Psychologists have suggested the following indicators of mental health:
 - They are aware of their own motives and feelings and can control their own behavior
 - They may sometimes act without thinking about consequences, but they can restrain their impulses when necessary

+ What is Mental Health?



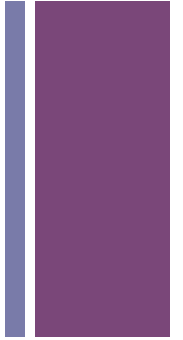
- Psychologists have suggested the following indicators of mental health:
 - While they may not always behave as society expects, they do so deliberately and with a reason
 - They appreciate their own worth and feel accepted by others in their life

+ What is Mental Health?



- Psychologists have suggested the following indicators of mental health:
 - They are capable of forming close and satisfying relationships with others and of being sensitive to other's needs as well as their own

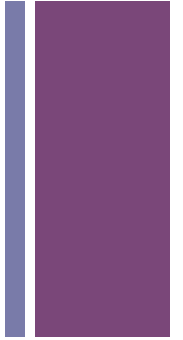
+ Stress



- Mentally healthy people experience stress as a normal part of life
- Stress is a physical and psychological response to circumstances in the environment that test our ability to cope



Physical Responses to Stress



- Hans Selye identified and developed the idea of psychological stress
- Research stimuli such as cold, heat, pain and restraint, found that no matter the stimulus he applied, we exhibited similar physiological responses, which he called stress



Physical Responses to Stress



- Developed theory called **General Adaptation Syndrome**

- 3 stages
 - 1. Alarm
 - 2. Resistance
 - 3. Exhaustion



Physical Responses to Stress

General Adaptation Syndrome



Stage 1 – Alarm Stage

- The organism recognizes the existence of a threat
- The body reacts by producing hormones such as adrenalin to ready itself for “fight or flight” from the cause of the stress
- If the stress persists than we enter stage 2- Resistance Stage



Physical Responses to Stress

General Adaptation Syndrome



Stage 2- Resistance Stage

- Physiological changes stabilize or level off as the organism becomes accustomed to the threat
- Hormone production and other physical responses still remain high
- While the body is much better at dealing with the original cause of stress, it has much lower resistance to other stress



Physical Responses to Stress

General Adaptation Syndrome



Stage 3- Exhaustion Stage

- Body's resources are wearing down
- The glands lower their supply of adrenalin and the body's immune system loses its ability to prevent disease and physical illness.



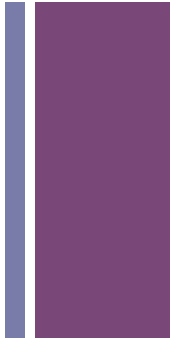
Physical Responses to Stress

General Adaptation Syndrome



- Selye also developed the idea that not all stress is bad
- Though some stress is good for the body and makes the person feel good
- This is called eustress (competing in an athletic event, love,

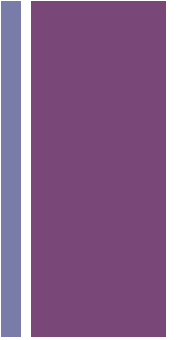
+ Coping With Stress



■ Stress Cognitive Appraisal

- In the first appraisal the individual assesses the degree of the threat that is present
- Second appraisal the person chooses a way to deal with this threat

+ Coping With Stress



We all cope with stress in different ways:

Listening to music

Vigorous exercise

Talking to a family member or friend

+ Homework

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